

PHYSIOTHERAPY AND REHABILITATION

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**Jihan Amr Hussein El Sokkary***University of Montana, USA***Strategies on dealing with non-compliant patients with chronic pain: An applied behavioral analysis approach on fear avoidance**

Non-compliance with prescribed treatment is an important cause of delay of recovery of patients. Researchers have reported that fear avoidance has been a known reason for non-compliance with patients with chronic pain. This behavior can be a challenge for therapist for there is no one way to deal with this. However, the selection of which technique to implement for a particular patient should be guided by information gathered about the particular patient and the possible reason(s) for the non-compliance. The purpose of this study is to provide strategies to understand and address non-compliance of patients due to fear avoidance with the use of applied behavioral analysis. Some strategies the function of the behavior is defined in terms of its maintaining consequences and interventions are then designed to target those consequences.

Biography

Jihan Amr Hussein El Sokkary is a licensed Physiotherapist in the Philippines and Dubai. She has her expertise in musculoskeletal, orthopedic, pediatric and behavioral therapy. She is currently pursuing Doctorate degree in Physiotherapy and Rehabilitation Administrative Certification both from the University of Montana. She has worked as a Musculoskeletal and Orthopedic PT and opened her own physical therapy clinic - Motions Venture Physiotherapy in 2017. She has also worked as a Faculty Member in two esteemed universities in the Philippines wherein she teaches in the field of Neurology, Pain and Sports Management. She recently attained her license in Behavioral Therapy in March, 2019. She is an active Member of the Philippine Physical Therapist Association and is a Member of its Pediatric, Neurology and Clinical Education Sigma.